



The Home Department

Conducted by
Helen Watts McKee

The Same Old Things

The housewife, tired of the beastly grind, turned loose some thoughts that were in her mind, when her husband came from his toil at night; she said the world didn't use her right. "I'm always doing the same old chores, I'm always sweeping the same old floors, I'm always washing the same old frocks, and darning holes in the same old socks. I'm sick and tired of this wretched life. There is no joy for a poor man's wife." The wife of the rich man sighed and said: "Gee whiz! A dame might as well be dead. I'm always doing my social chores, I'm always wearied by stately bores; I'm always choosing the proper gown. I'm always motoring through the town. I'm always doing the same old things. I wish, I wish I had ten-foot wings; I'd fly away to some lonely cot, and do a stunt with a coffee-pot." We all grow tired of the work we do, and sigh and rant till the air is blue. But it does no good and it bales no hay, and the wise man chases such thoughts away. The world improves with each passing year, because each man in his little sphere, takes off his jacket and grins and sings, and keeps on doing the same old things. —Walt Mason.

"Not Feeling Well"

Where there is a coated tongue and bad breath, they should be recognized as danger signals; there is fermentation going on in the poor, abused stomach, only too common a complaint, and this leads to dyspepsia, nervousness, kidney and liver trouble, rheumatism, sick headache, and a great many other disorders. These sufferers are the victims of mal-assimilation and auto-intoxication, and if told that such words described their disease, they would rush into the drug business as much because of the formidable words as from the disorders. These words simply mean that the digestive tract is so coated with impurities that the walls can not take up the nourishment from the food, which ferments—rots—and fills the system with poison. The blood takes up these impurities and the whole body suffers from a system of poison. These disorders are the results of bad habits of diet and disposition, and nature cries out for house-cleaning and moving. The thing to do is to get back to nature; indulge in fresh air, simple food, exercise, dieting, and leave all artificial life outside. As one grows from childhood, the artificial living accumulates poison in the system and we call our sufferings ill-health. Dieting does not mean starvation or fasting, but it does mean eating the proper food in such quantities as are necessary to the health of the body. No two persons can eat alike. Each individual has his or her idiosyncrasy as to foods.

"Women First"

"Women first" is not a mere phrase or a conventional flourish of chivalry, nor is it to be explained as the magnanimity of the strong for the weak. It is something far deeper than that, for it is the instinct of race preservation; it is regard for the mothers of men. When the Gauls sacked Rome, the women were crowded into the citadel with what garrison was needed; but the

senators put on their robes of office and sat, scepter in hand, awaiting the end. It is so with every race that deserves to live; to roam, to fight, to court death on land and sea is normal for the male; but the life of women is sacred because the future lies with them.—Springfield (Mass.) Republican.

Requested Recipe

For roofs, this is said to "look better than paint and wear better, is as durable as slate, stopping small leaks in roofs, making the roof incombustible and rendering brick impervious to water." The recipe was taken from an old scrapbook: Here it is: Slack stone lime by putting it into a tub, covering to keep the steam in. When slacked, pass the powdered lime through a fine sieve, and to each six quarts of the powder add one quart of rock salt and one gallon of water; then boil the mixture and skim. Take off every bit of scum. To each five gallons of this mixture add one pound of pulverized alum, half a pound of pulverized copperas, and slowly add three-fourths pound of powdered potash; then fine sand or hickory ashes, four pounds; now add any desired color and apply the mixture with a brush, smoothly coating it on. Keep stirring it well as you add the ingredients, so it will be thoroughly mixed.

Salad Plants

Mustard, chervil, corn salad, cress, dandelion, endive, chicory, garlic, cardoon, celery, spinach, lettuce, and many other plants are used for salads, some with leaves blanched, and others just as they come from the garden. Many of these will serve through the winter, if removed to the cellar in proper form. Spinach, mustard, kale, the young leaves of a variety of garden plants, and the sprouts of others, are all good for salads, some of them being eaten raw, while others require cooking. Many things may be sown for use during the summer, while the same plants will start in the fall, if the seeds are fall sown, and will be ready very early in the spring for the table. At your earliest leisure study the vegetable catalogues, and see what you can have for the raising. It will pay.

For Preserving and Canning

The first fruits are with us, in some regions, and it is well to do our work well. Too much cooking makes the fruit dark, and will not only darken, but spoil the flavor. Have everything clean and whole, lids well fitted and any additional sealer, as wax, either paraffin or ordinary sealing wax, at hand. Have your preserving kettle, spoons, funnels, ladles, perfectly clean and at hand. If not convenient to make jelly at the time, because of the high price of sugar, put the juice up as for beverages, and make the jelly later. Jams can be made of canned fruits as well as of fresh, and in order to have the best of everything, you must have good, fresh fruits, perfectly air-tight jars, and a dark place to keep them in. Not necessarily a dark cellar, but the shelves may be darkened with cloth or paper curtains, or the jars wrapped in thick paper that will keep out the light.

Before putting fruits away in your cellar, see that the cellar is per-

fectly clean and well ventilated, with no bad or musty smells, or mold on walls or shelves. For bottling juices, some of our housewives say the corks should be soaked in cold, instead of hot water; but the hot water is safe, and swells the cork more thoroughly than the cold. Have good, fine-grained, clean corks.

Where fruits are scarce and wild grapes are plentiful, the grapes while green lend themselves admirably to many ways of "putting up." They may be canned, made into jam, jellies, chutney, catsup, or marmalade. They usually have an excellent flavor, if well made.

Where wild fruits are abundant and jars and sugar scarce, many kinds may be dried, and when cooked are very palatable. These have the merit of being easily kept, and inexpensive. The berries and soft fruits will all dry nicely and be very palatable either in sauces or in pies or puddings.

For the Fruit Season

The housewife expecting to put up her supply of fruits at home should try to get pure spices, and in order to grind them as wanted, should have a small spice mill which only costs a small sum, and is handy for many things besides spice-grinding. Have a supply of rubber rings, perfect tops, paraffine, sealing wax, and necessary kettles, spoons, and funnel, with other handy devices to help economize time and strength. Get the fruit as fresh as possible, and be careful not to use stale, decayed, or bruised fruits. You get out of the jar only what you put into it.

Putting Up Fruits Without Sugar

Fruit juices may be put up without sugar, and will keep well, if everything is thoroughly sterilized and the juice put up in absolutely air-tight bottles. If intending to put up juices, one should gather up the bottles of appropriate size, and clean and sterilize them, and put them away where they will have good care. New corks should be supplied, of the right size—a little larger than the mouth of the bottle, so they will have to be soaked in hot water to make them soft enough to force into the bottle, and when the bottle is nearly full, force the sterilized cork into the neck, leaving a little space on the top of the cork into which hot sealing wax is to be poured, to render the contents thoroughly air-tight. New bottles may be best; but any bottle, not cracked, or with flaws in it that may develop into holes, can be used, if the bottles are thoroughly washed and scalded and kept clean. Some bottles must be cleaned with sulphuric acid, in order to remove the filmy coating inside. The druggist will tell you how to use it.

Query Box

Annie R.—What is called the "zest" of lemon is the very thinnest possible grating of the yellow outer rind; if any of the white underneath is added, the whole will become bitter.

T. L.—Try sponging the plush goods that have been dyed with aniline dyes, with chloroform, to restore the color.

E. S. S.—Wash the refrigerator every day with a solution of soda and water, and wipe dry. The part that holds the ice should be washed

once a week, and the drain pipe kept free from obstructions.

Mrs. C. S.—Copper or brass kettles are entirely safe if kept clean. Rub with a cut lemon dipped in salt, or rub with hot vinegar and salt, rinse thoroughly with clear water and polish with a soft cloth.

T. C. S.—Spinach may be served raw, like lettuce, with a salad dressing. A mixture of lettuce, spinach, cress, or tender mustard, and young onions, covered with a dressing and garnished with young radishes, is very nice.

Mrs. L. H.—Put half a pint of sweet cream into a bowl and beat with an egg-beater while another person slowly drops in vinegar enough to make it quite sour. This method insures against curdling. Can be used as a dressing on coarsely chopped lettuce, adding salt and pepper, or a little dry mustard stirred to a paste, if liked. Used with lettuce, and finely-sliced cucumbers and onions, is fine.

Home Laundress—Where the water supply for laundry purposes is muddy, or discolored by earthy matter, put a large tablespoonful of powdered alum in each large tubful of water, and let stand for several hours after stirring well. The dirt will settle, and the water will be clear, but the alum will harden the water somewhat, and something like sal soda, borax, or soap powder must be used to "break" it. No "breaking" is necessary for rinse water, but borax will whiten.

Uses for Mint

For making mint tincture or extract, pick the fresh green leaves, wash carefully and drain; bruise and tear them when dry, and pack into small bottles, filling as full as possible; pour alcohol to cover, and let stand about a week or longer, then strain and bottle the liquid. To make mint drops, boil together in a small saucepan one cup of sugar and two tablespoonfuls of water until a little dropped in cold water will make a firm ball when rubbed between the fingers. Take from the fire, stir in a teaspoonful or less of the essence made as above, according to its strength, and drop carefully four drops one on top of another on an oiled paper; do not put close together.

Essence, or extract of mint made as above is very convenient to keep on hand, and you know it is "the real stuff." Mint will grow anywhere, and spread from a few sprigs to a large bed in a season. When gathering for drying, the herb should be just coming into bloom, and flower heads and leaves may be picked off, or sprigs of the plant broken or cut off, tied in bunches that will dry readily, and hung in the shade to dry. It can be used for many things during the winter.

Canning and Preserving

Although it is yet too early for most fruits, the strawberry is with us, and other small fruits will soon follow, and it is well to get everything in readiness for the coming busy time.

For making jelly of the soft berries, strawberry, raspberry, or black berry, put the fruit in a stone jar and set in a kettle of boiling water, or a porcelain-lined double boiler will be better; cover closely and cook slowly until soft, but not out of shape; then remove from the fire and mash with a potato masher—a wooden one is best; then pour the crushed mass into a jelly bag and hang to drain. When all the juice is drained out (do not squeeze), measure the juice and put into a preserving kettle, cook slowly for twenty minutes, and remove all scum. At the end of that time